

North Carolina Department of Public Instruction

Component	Requirements		Weekly Component Planning					
	Daily	Weekly	Monday			Tuesday		
			Component Contribution	Menu Item & Portion size		Component Contribution	Menu Item & Portion size	
¹ Milk	1 cup	5 cups		cup			cup	
^{2,3} Meat/Meat Alternate	at least 1 oz eq	total of at least 9 oz eq		oz eq			oz eq	
³ Grain				oz eq			oz eq	
Fruit/Vegetable	At least 1/2 cup	2 1/2 cups		cup			cup	
⁴ Extra	---	---		oz eq			oz eq	

¹ Milk must be fat-free (unflavored or flavored) or low-fat (unflavored only). Two choices must be offered

² Meat/Meat Alternates are not required, but can be counted toward the Grain's total component after the daily

³ All Meat/Meat alternates and Grains should be rounded down to the nearest 1/4 oz eq or .25 oz eq component

⁴ A Meat/Meat Alternate can be offered as an Extra and not credit toward any component

on Breakfast Menu Planning Template for Grades 9-12

ng for <u>Traditional Food Based K-12 Breakfast Meal Pattern</u>								
Wednesday			Thursday			Friday		
Component Contribution		Menu Item & Portion size	Component Contribution		Menu Item & Portion size	Component Contribution		Menu Item & Portion size
	cup			cup			cup	
	oz eq			oz eq			oz eq	
	oz eq			oz eq			oz eq	
	cup			cup			cup	
	oz eq			oz eq			oz eq	

grains requirement (1 oz eq) is met or as an extra. See number 4 for information on extras.
: contribution

Weekly	
Component Totals	
0	cup
0	oz /oz eq
0	cup